



## GCSE Physical Education: Start of Year 10 Information

Pearson Edexcel GCSE (1PE0)

### Starting in Year 10 (or during Year 9)

Welcome to GCSE PE at Dulwich College (Singapore). We hope you enjoy learning more about physical activity, fitness and wellbeing.

In addition to this academic course we have many Sports CCAs and competitive teams available. Please discuss with your PE teacher about how you can get involved to complement the GCSE course.

### Areas covered during Year 9

#### Anatomy and Physiology

- The structure and functions of the musculo-skeletal system
- The structure and functions of the cardio-respiratory system
- The short term effects of exercise
- Anaerobic and aerobic exercise

#### Physical Training

- The relationship between health and fitness and the role exercise plays in both
- The components of fitness, benefits for sport and how fitness is measured and improved
- The principles of training and their application to personal exercise programmes
- Effective use of warm up and cool down
- Long term effects of exercise

#### Sport Psychology

- The use of goal setting and SMART targets to improve and/or optimize performance

### Work to complete before you arrive (optional)

It would be helpful if you are familiar with the correct terminology when naming bones and muscles as well as labelling the heart and lungs.

These websites are useful:

BBC Bitesize - <https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>

GCSE Simplified - <https://www.youtube.com/channel/UC0cmkgkaSfdh0M2yvpmHVHQ>

PlanetPE - <https://www.youtube.com/c/PlanetPEgcsepe/videos>

We use a software platform called The EverLearner which includes online tutorials and quizzes. If you are interested please get in touch and we can set you up with an account.